

The Imperial Order :
of the
Daughters of the Empire
Preventorium : : :



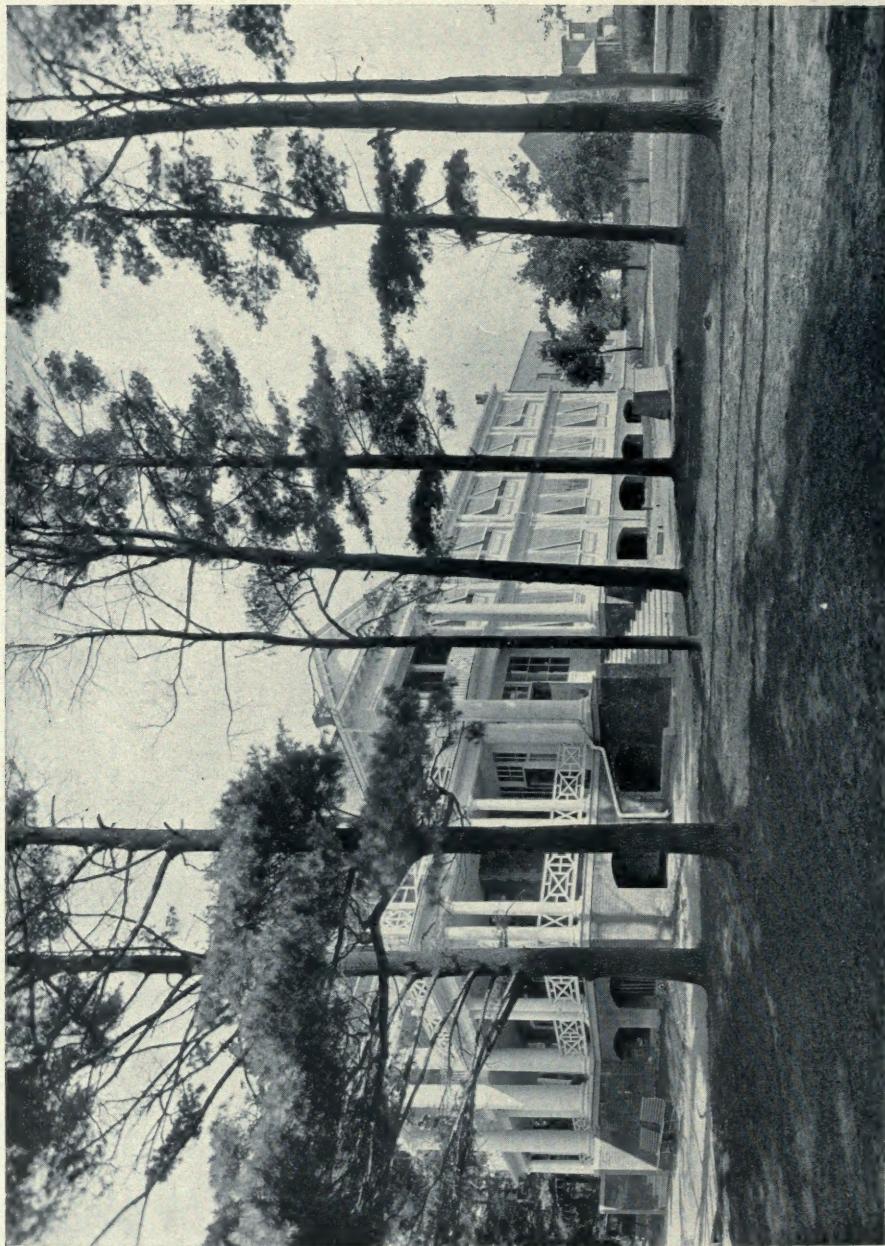
TORONTO, 1919

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THE IMPERIAL ORDER OF THE DAUGHTERS OF THE EMPIRE PREVENTORIUM.



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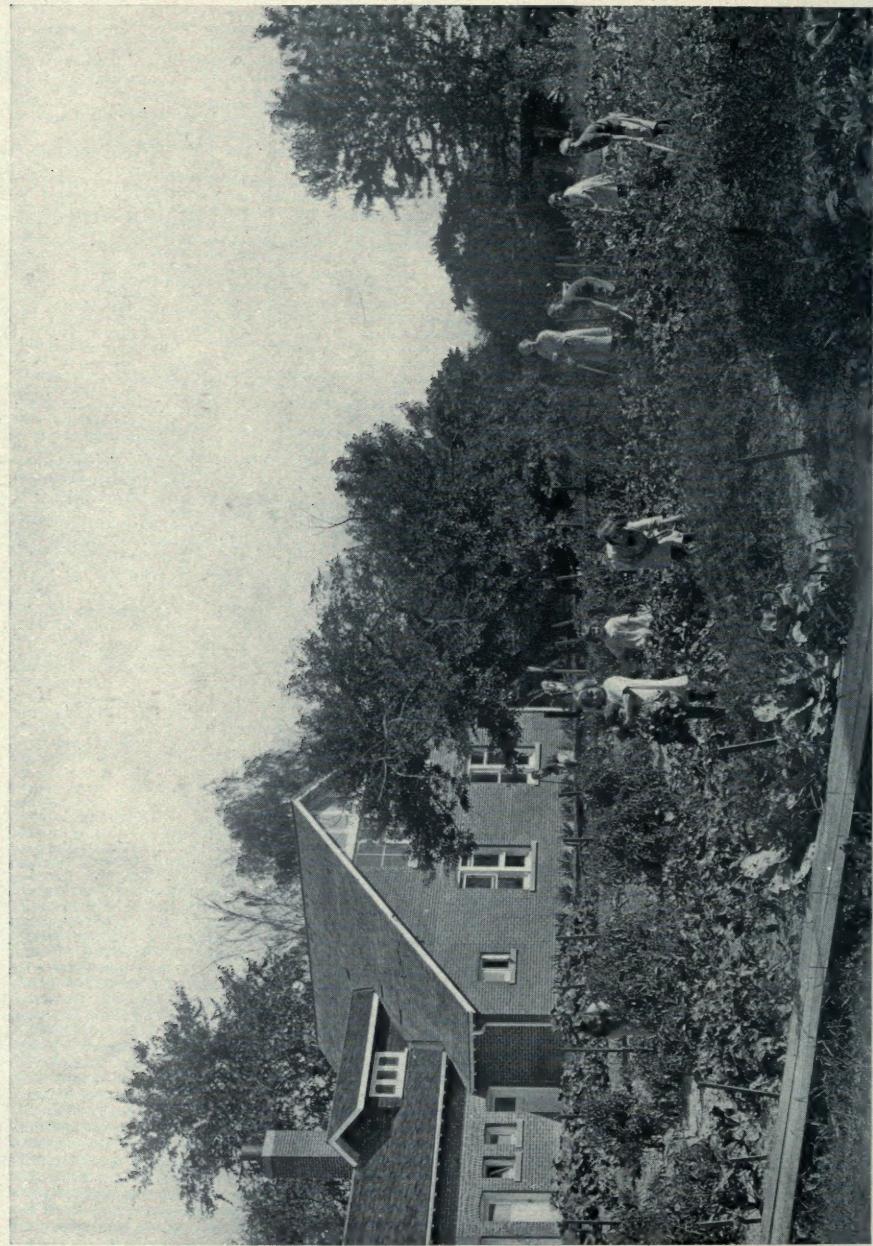
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THE INFIRMARY AND THE GARDEN.

THE PREVENTORIUM.

TUBERCULOSIS, that insidious enemy of mankind, is, the scientists tell us, contracted in childhood, rather than in later life, and while the mortality from this disease is higher among adults than among children, it is because the infection has lain latent through the years, only to seize upon its victim when for one reason or another his vitality is lowered.

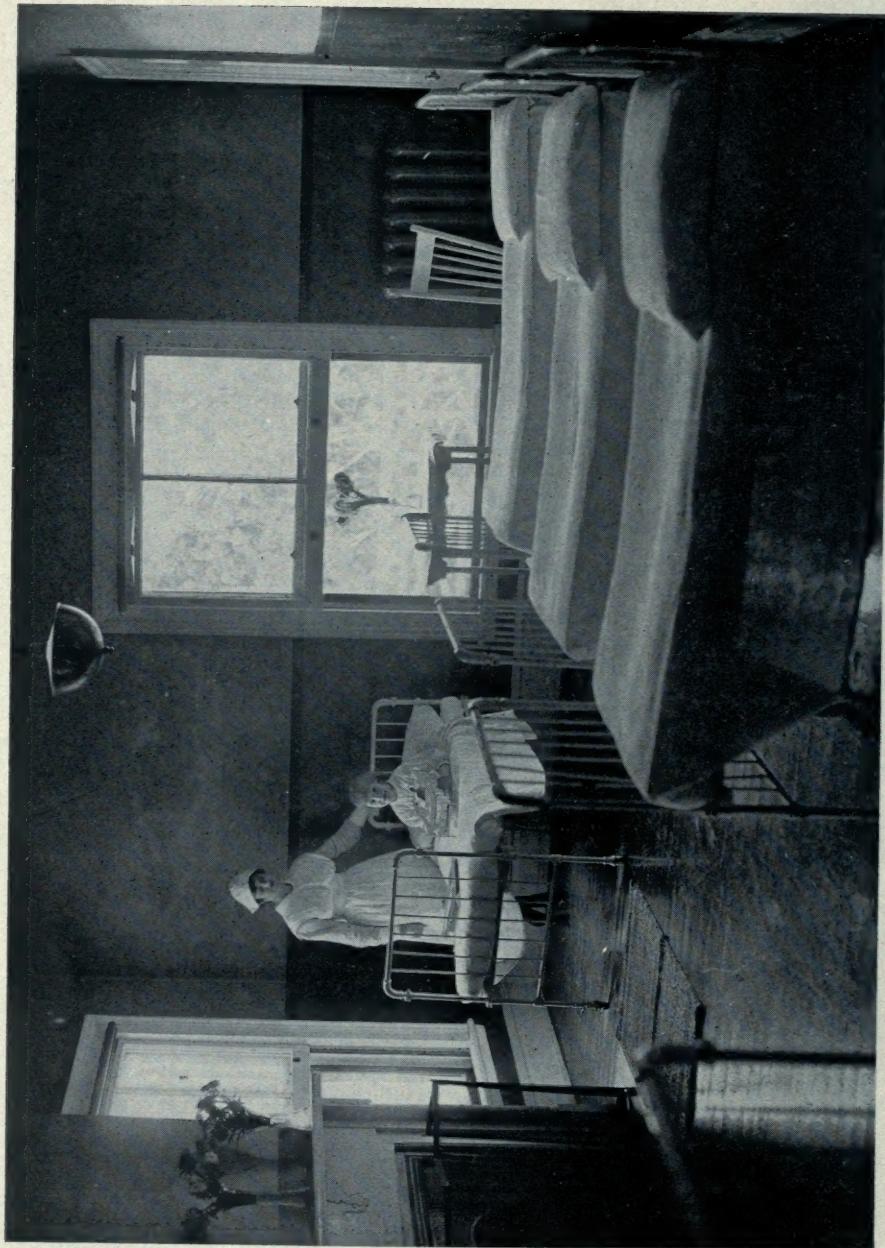
This being the case, the tuberculosis Preventoria for children, which have been established here and there throughout the country at once assume great importance in the fight against the white plague. They are seen as links in the long chain of clinics, tuberculosis dispensaries, open-air camps and sanitaria, and are not, as is sometimes suggested, merely palliative in their work. They are organized primarily to care for poorly nourished, underfed children, exposed to tuberculosis in their own homes, and living, generally, in the midst of the worst conditions that exist in our great cities.

Overcrowding in unsanitary dwellings, an ignorant foreign population, a wage so low that even a fair standard of living is out of the question, these conditions lie at the root of the tuberculosis problem. Children taken from these miserable surroundings to Preventoria, and given light, air, and proper food for even a few months show a remarkable improvement, mental as well as physical, gaining in weight an average of between fifteen and twenty pounds.

After their discharge they are kept under supervision by visiting nurses, and if it seems advisable are re-admitted, several times, if necessary.

Sometimes home conditions have been bettered in their absence, through the work of organizations which deal with the adult problem. Sometimes they are no better, but children who have passed some months in a well organized, well equipped Preventorium have been given new standards, and often teach their parents better ways of living.

The Daughters of the Empire in Toronto have for six years carried on a tuberculosis Preventorium for children which is unsurpassed by any on the continent. For some years before it was founded the Heather Club Chapter had carried on a splendid work among tubercular children. Every summer many of them were taken to the Island, to the pavilions



A SICK WARD.

provided by the late John Ross Robertson at Lakeside Home, and returned home greatly benefited. As the work grew, the need of a winter home became increasingly evident, and the Chapter appealed to the President of the Order, Mrs. A. E. Gooderham, for suggestions as to how the need might be met.

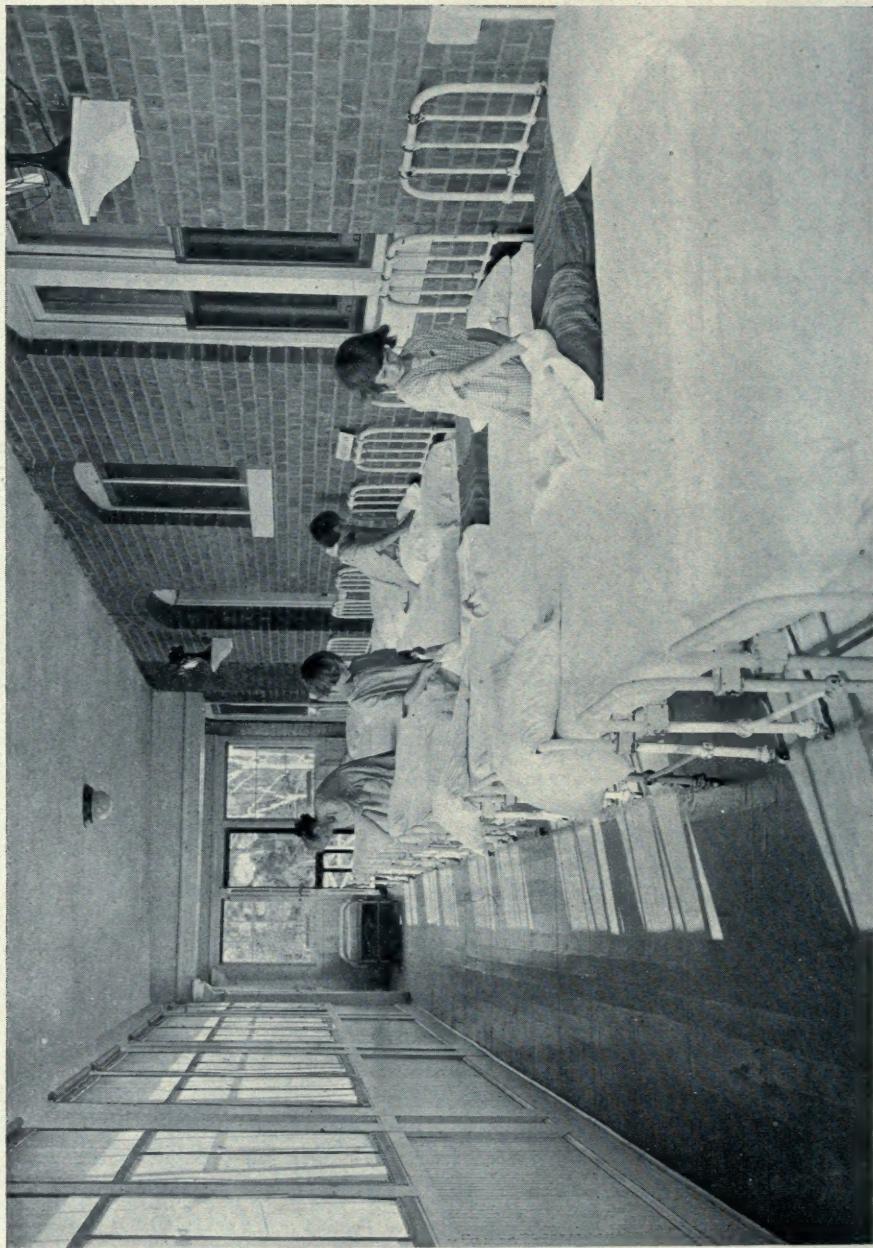
The idea of a permanent home greatly interested Lt.-Col. A. E. Gooderham, and in order that it might speedily become a reality he purchased, remodelled and equipped the beautiful old Boulbee home-
stead, on North Yonge Street, at Sheldrake Avenue, which became the nucleus of the present institution.

It was formally opened by Sir John Gibson, on May the 7th, 1913 with the usual ceremonies and in the presence of several hundred guests. It was then handed over to the management of the Board of Directors, with the provision that when an endowment fund of \$60,000 was completed the Preventorium was to become the property of the Imperial Order of the Daughters of the Empire in Toronto, to be used in perpetuity for child welfare.

The Board of Directors consists of thirty women, all of whom must be members of the Imperial Order of the Daughters of Empire. There is also an Advisory Board of five trustees, who are appointed by the Board of Directors. The first President of the Preventorium Board was Mrs. Edward Raynolds. On her resignation in 1915 Mrs. E. F. B. Johnston, First Vice-President was unanimously elected President, which office she has since held with distinguished success.

Since its foundation the institution has grown until it now comprises, besides the original building, an infirmary, a play-house and gymnasium, a Babies' Pavilion and a Nurses' residence, the last two not quite completed. The buildings are modern in every detail and admirably adapted for their purpose. The situation on North Yonge Street (Stop 18 on the Metropolitan) is ideal, the air being clear and bracing, the land high, well-drained and beautifully wooded. An added advantage is that the city with its physicians and clinics is easily accessible.

The Preventorium is in charge of a Superintendent who is a graduate nurse, and who controls a staff consisting of an assistant superintendent, five nurses, a matron, and the necessary servants. When the Baby Wing is opened it will necessitate a greatly increased staff, and it is for this reason that the Nurses' residence has recently been purchased. The entire institution, in the capable hands of Miss Fraser, Superintendent for the last three years, is a model of neatness and order, and



THE GIRLS' DORMITORY.

is filled with the most beautiful home-spirit. For the time of their stay Miss Fraser is to all these little children, a wise, just, and gentle mother.

The main building accommodates fifty-two children, the Baby Pavilion when completed will accommodate fifty more. Dormitories for the boys and girls are on separate floors, and the indoor bedrooms are supplemented by wide sleeping porches with a southern exposure, enclosed with glass in the winter and screened in the summer. Here the children sleep summer and winter, and here they take their daily rest.

Each dormitory has its own lavatory, roomy, light, and equipped with every modern convenience.

On the main floor the locker-room is fitted with individual heated lockers for the out-door clothes, so that mittens and leggins are always dry and comfortable.

Instead of seating the children at one long table at meal-times, the plan of placing them in groups at small tables has been followed, with happy results, since each group becomes a merry little family. The food, such an important factor in a Preventorium, is plentiful, well prepared and well served, and chosen with great care. Bread and butter and plenty of milk are the staples, with fish, eggs, meat, fruit and vegetables. Twenty-five large loaves of bread, and from fifty to seventy quarts of milk a day are finished to the last crumb and the last drop. At first the children do not like the simple food, but the taste is soon acquired, as witness the invariable gain in weight which shows in two or three weeks. One little boy gained ten pounds in three weeks.

In planning for the care of the children during their stay at the Preventorium their interrupted education is not forgotten. A schoolroom has been provided, which is equipped and cared for by the institution. The City is responsible for the teacher and the supplies. School hours are from nine-thirty to twelve for the older ones, and from two to three for the little ones. Attendance is compulsory.

Through the generosity of Col. and Mrs. Gooderham a play-house and gymnasium has been provided for stormy days. It is a large brick building, unheated, with a ventilating system that is proof against rain and snow. It is equipped with large and small swings, slides, merry-go-rounds and see-saws, making it possible for the children to have their out-door play in spite of the weather.

On fair days the beautiful grounds afford ample play-space, and they have their own attractions of grass and flowers, sand-piles or snow-drifts, according to the season.



1. PYJAMAS.
2. DOROTHY.
3. WATCHING THE SQUIRRELS.

4. KATCHA.
5. HAPPINESS.
6. WINTER.
13. ROSE DAY.



There has never been an epidemic at the Preventorium, due largely no doubt to the healthy out-door life the children lead. If suspicious symptoms appear the patient can be completely isolated in the infirmary. This again is the gift of Col. and Mrs. Gooderham. It is a fire-proof brick building, quite separate from the others and built on the cubicle plan. There are four glass-partitioned cubicles of two beds each, a separate medicine cabinet, a separate linen room, and a perfectly appointed kitchen. On twenty minutes' notice it can be warmed and ready for occupancy. It is of inestimable value, as has been proved over and over, since it has been possible to so completely isolate cases of measles, scarlet fever and diphtheria that no further cases have developed.

The opening of the new Babies' Pavilion is eagerly looked forward to by the Clinics from which the patients come, since it will be possible to take a baby directly from its tubercular mother and save it from infection, while she herself may be built up. Children under four will be eligible for admission.

Patients are admitted to the Preventorium through the chest Clinic at the Sick Children's Hospital. They are children who have been actually exposed to tuberculosis, or who are in such delicate health that they are pre-disposed to the disease. No open cases are taken. The length of the patients' stay is determined by the Superintendent and the visiting physician. Following are some typical histories of children who have received treatment:

- A. Mother tubercular, cannot work. House unfinished. Family sleep in bunks in the kitchen. Work done by a boy of thirteen, himself a returned Preventorium case.
- B. Father, mother, three children, living in one room. Mother tubercular, open case. Very ignorant, very poor. Three children at the Preventorium.
- C. Mother tubercular, open case. Father dead, tuberculosis. Five children. Eldest a girl, eleven years old at time of entrance. The day she and her brothers and sisters were brought to the Preventorium she put her head down on the table and cried and cried. When they succeeded in getting her to tell what she wanted she sobbed "Nothing but to go to bed". It developed that she had stayed up until two o'clock the night before to wash the clothes of all five children, so that they might be presentable, and had got up at four o'clock to iron them. She weighed only $89\frac{1}{2}$ pounds when she entered; when she left after five or six months, she weighed $120\frac{1}{4}$ pounds.

- D. Ignorant mother. Father dead, tuberculosis. Sister dead, tuberculosis. Girl "in a decline", very delicate indeed. On entrance weighed 115 pounds, when she left, a few months later she weighed 150 pounds, and was a strong, rosy, healthy girl. Life was saved.
- E. Father overseas. Mother dies of tuberculosis. Three children at Preventorium.
- F. Mother epileptic. Father tubercular. Five children. No income. Children underfed.

After leaving the Preventorium, children are kept under supervision by the Public Health nurses, and if it seems advisable they are readmitted, perhaps two or three times. If the health of the child demands more food than the scanty income of the family can provide, it is often supplied by the Heather Club Chapter.

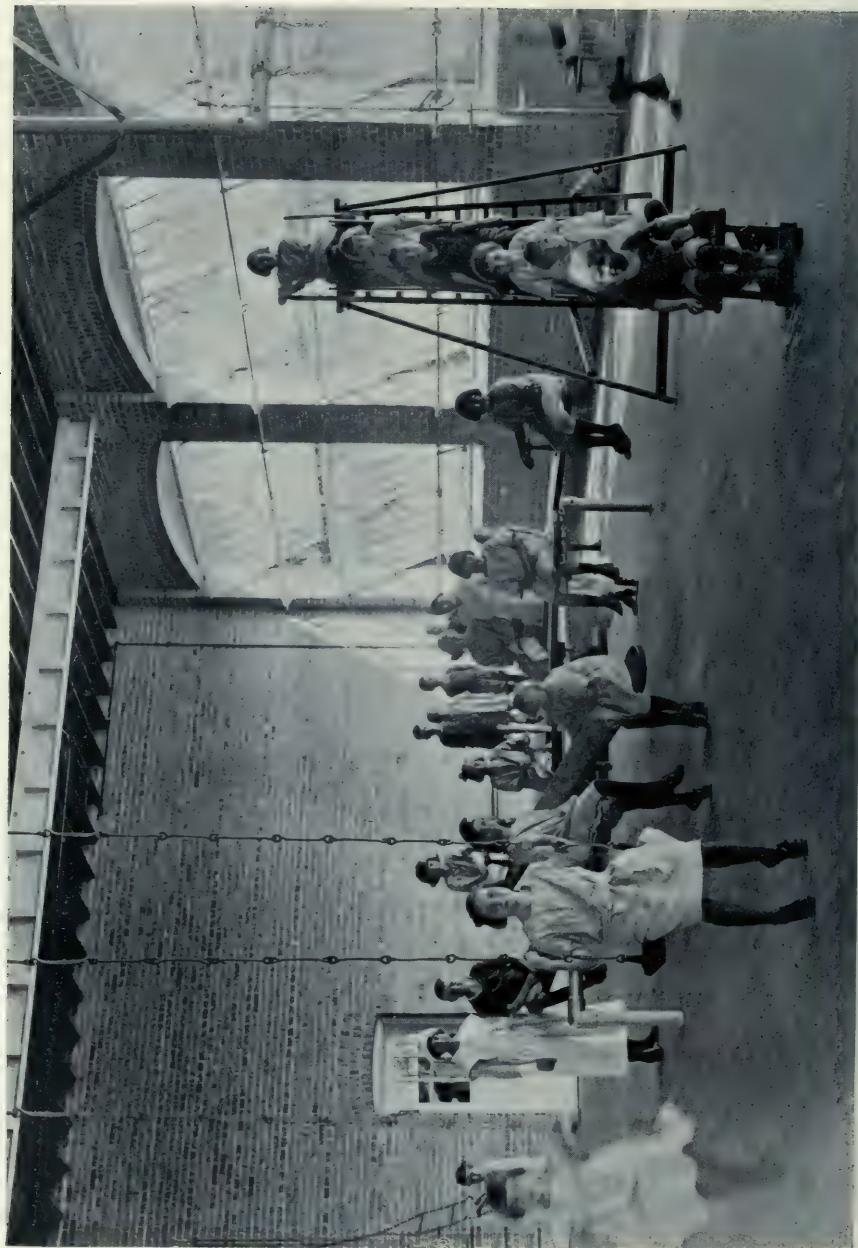
Sometimes the child returns to better home conditions than he left. The mother, so often the tubercular member of the family, has perhaps been at a sanitarium and has returned greatly improved in health and able to take care of her children. The house itself may have been improved by organizations which work among the adults. Sometimes there is no improvement, and that is when the supervision by the Public Health nurses counts for so much.

There is one type of child who, through no fault of his own, is dangerous to the community, who cannot be admitted to the Preventorium, and for whom no provision has been made. He is the deficient, who has been exposed to tuberculosis. Very often he is the tubercular deficient child of tubercular deficient parents, and generally he has a good many brothers and sisters. After a while he will grow up, and then there will be more tubercular deficient children. So long as these unfortunates are left at large to multiply and to spread disease, so long will our Preventoria and Sanitaria have no lack of patients. If there is a crying need in Toronto it is for a home for these deficients which will supplement the splendid work now being carried on by the various organizations of the city, and check the trouble at its very source.

Since the first child was admitted to the Preventorium in May, 1913, 615 children have been received, representing a total of about 75,000 days' treatment. All made wonderful improvement, the average gain in weight being about 15 pounds for an average stay of four months.

The Preventorium fills a very real need in the city. The records of the Public Health nurses are full of cases which have been helped through it, particularly so because it has made it possible for many a worn-out tubercular mother to go with a quiet mind to some sanitarium, knowing

THE PLAYROOM.



not only that the children were being cared for, but that they were actually being made stronger, and would be returned to her healthier and happier than she had ever known them to be. Children are about the only possessions some of these poor mothers have, and their devotion to them is beautiful to see. It is not because they fail in love for them that they neglect the simplest rules of health, but because of their own ignorance of how to live. They do not know how to keep their houses clean, how to choose and buy the food that is new and strange to many of them, or how to prepare and serve the simplest meal so that it is palatable and nourishing. Instruction by trained workers in these matters would be a blessing to our foreign population—and incidentally to ourselves, since communities, like chains, are no stronger than their weakest links.

The Preventorium is financed by donations from different Chapters and from individuals, by the endowment of Cots, and by Municipal and Provincial Grants.

With the completion of the new Pavilion there will be a total of 102 cots. Of these, 4 in the main building are already endowed. The Management hopes that many more will be taken by the different Chapters in the city. There is no worthier cause.

MARY BARWICK WELLS.

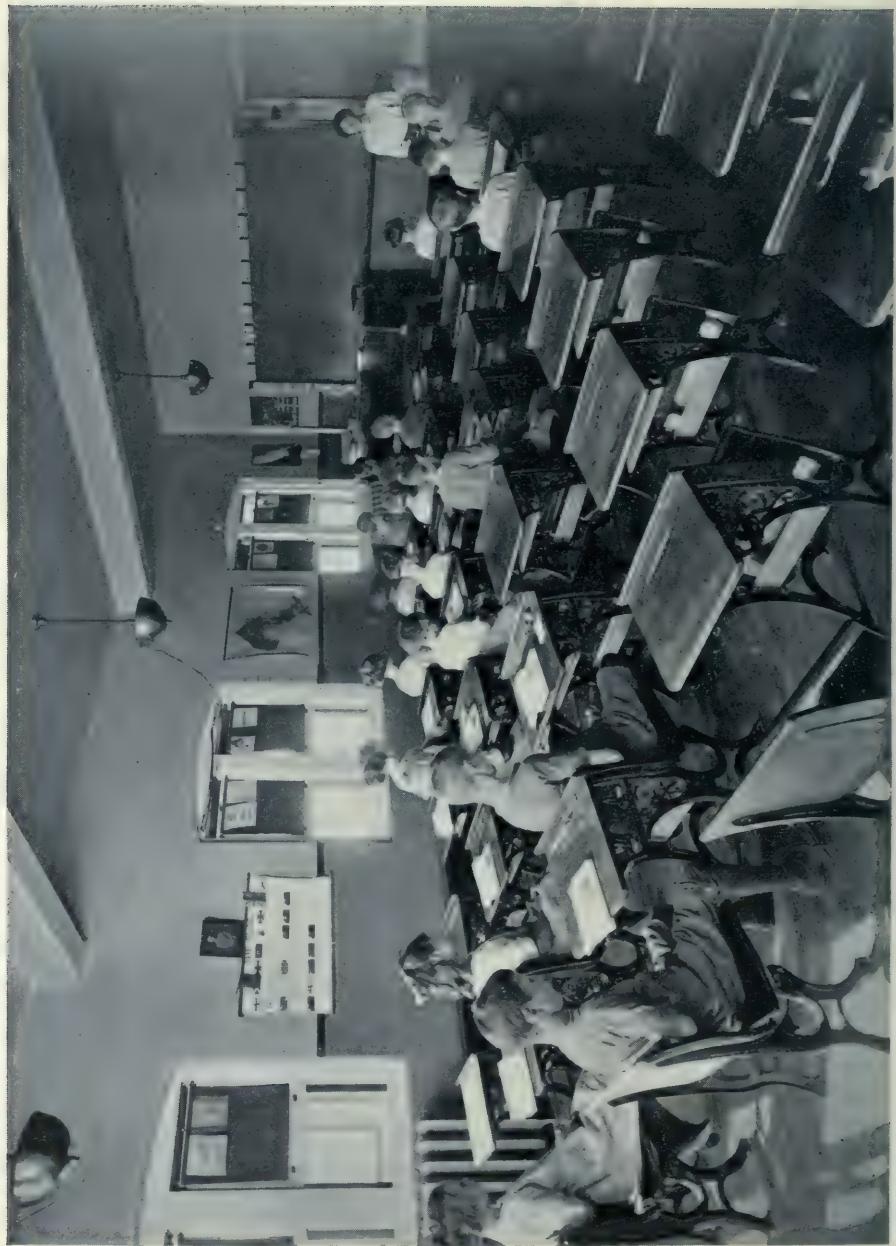
Following is a list of those who already contribute:

**CHAPTERS SUPPORTING COTS BY ANNUAL
CONTRIBUTIONS.**

Admiral Hood	Rosedale
Canadian Ensign	Royal Grenadiers
Chateauguay	Sir John Gibson
Dreadnought	Sir George Kirkpatrick
Duke of Teck	St. George
Lady Ross	Strathcona
Lord Nelson	Veterans of '66
Lord Salisbury	Westminster
Queen's Own	York

ENDOWED COTS.

Heather Club Chapter	The Colonel's Cot
Lady Gay Cot	Wallace Rankine Nesbitt Cot



IN SCHOOL.

COTS SUPPORTED BY INDIVIDUAL SUBSCRIBERS.

Frances Elizabeth Cot, by Lady Kemp
Lawren Phillips Harris Cot, by Mrs. L. S. Harris
The Hay Twins Cot, by Mrs. J. D. Hay
Katherine Christie Cot, by Mrs. R. J. Christie
Douglas Christie Ross Cot; by Mrs. T. J. Clark
Francis Cot, by Mrs. Phillips
A. E. Austin Memorial Cot, by A. E. Duncanson
Katharine Kerr Cot, by Mrs. W. H. Cross
Sternberg Recital Cot, by Miss Sternberg
Helen Wood Cot, by Mrs. T. H. Wood
Margaret Walsh Cot, by Mrs. J. W. B. Walsh
J. Ross Robertson Cot
Mrs. E. V. Raynolds Cot
Mrs. Hume Blake Cot

MANAGEMENT.

I. The Management of the Preventorium shall be in the hands of a Board of thirty women, all of whom must be members of The Imperial Order of the Daughters of the Empire.

1. Members shall be elected at the Annual Meeting of the Board.
2. Five members shall constitute a quorum.
3. Two members of the Board shall visit the Preventorium each week.

II. The Superintendent of the Preventorium shall be a graduate nurse, residing in the Preventorium. Her duties shall be:

1. Care of the children—
 - (a) She shall report to the Physician in charge when necessary.
 - (b) She shall have oversight of the diet.
 - (c) She shall see that the children are suitably clothed.
 - (d) She shall be responsible for the discipline, the school-teacher reporting to her.
2. She shall be responsible for the order of the Buildings and grounds.
3. She shall be responsible for the nurses.
4. She shall keep the necessary records and files.

III. The Matron shall be responsible to the Superintendent. Her duties shall be the supervision of: 1. The servants. 2. The housework. 3. The laundry. 4. The linen room.



DINNER-TIME.

RULES AND REGULATIONS.

1. Children shall be admitted to the Preventorium through the Chest Clinic at the Sick Children's Hospital.

In all cases the parent or guardian shall sign a printed form, placing the child in the care of the Preventorium. He shall further give a written guarantee that, on due notification of discharge, he will remove the child within three days of notification.

2. Printed notification cards of discharge shall be provided.
3. No child shall be admitted to the Preventorium who has recently been exposed to infectious disease.
4. The age limit for admission shall be from 4 to 14 years for girls and from 4 to 12 for boys.

Babies' Pavilion—under four years.

5. Before admitting a patient a report of his home conditions shall be made.

This report must also be made in case of application for re-admission.

6. Children reported for admission, if not admitted within one week from that date, must be again examined at the clinic before being admitted to the Preventorium.

7. Every patient in the Preventorium shall take at least one hour's rest in the daytime.

8. Children shall have their hair cut when necessary.

9. Any child persistently violating the rules of the institution shall, after due correction, be removed by the parents or guardian at the request of the Superintendent.

10. No child shall be re-admitted after leaving the premises of his own accord, or if discharged because of misbehaviour.

11. Boots and rubbers required on admission shall be satisfactory to the Superintendent. Clothing is provided by the Preventorium.

12. Children shall be taught duties in the wards.

13. Patients' clothes shall all be washed in the Preventorium.

14. School hours shall be from 9.30 a.m. to 12, and from 2 to 3 p.m.

15. The length of time patients remain in the Preventorium is determined by the Superintendent and the visiting physician.

16. Parents and friends may visit the children on Sundays from 3 to 4.30 p.m.

17. Parents or friends having infectious disease in their homes must not visit the Preventorium.

18. On no account may food or luxuries be brought to the children by visitors.

19. Deficient children are not eligible for admission to the Preventorium. Should a deficient or incorrigible child gain admission, he will not be kept.

20. In case of an under-nurse being taken back after leaving, her name must come up before the Board.

\$100 will maintain one Cot for one year.

\$2,000 will endow one Cot in perpetuity.

FORM OF BEQUEST OF PERSONAL PROPERTY.

I give and bequeath unto The Imperial Order of the Daughters of the Empire Preventorium in Toronto, a corporation created and existing under the Laws of the Province of Ontario, the sum of dollars, to be applied to the uses of said Corporation.

FORM OF DEVISE OF REAL PROPERTY.

I give and devise unto the Imperial Order of the Daughters of the Empire Preventorium in Toronto, a corporation created by and existing under the Laws of the Province of Ontario all (description of property); together with all the appurtenances, tenements and hereditaments thereunto belonging or in anywise appertaining; to have and to hold the same unto the said Corporation, its successors and assigns forever.

FORM OF BEQUEST TO ENDOWMENT FUND.

I give and bequeath unto the Imperial Order of the Daughters of the Empire Preventorium in Toronto, a Corporation created by and existing under the Laws of the Province of Ontario, the sum of dollars, to be applied to and form a part of the Endowment Fund of said Corporation.

